

CURSILLO

The PRISM - A Monthly Insight into the Catholic Cursillo Community of Rochester, NY

January 2023 In this issue >>>

- Spiritual Advisor Wisdom
- The Secretariat Page
- School of Leaders Sharing
- Ask the Three Wisemen...
- Witness by a Friend of Christ!
- Upcoming Events
- Meet our Ultreyas

Spiritual Advisor Wisdom

Eucharistic Revival

Sr. Theresa Rutty, R.S.M., W19
Spiritual Advisor
Fairport & Spanish Ultreyas



Since inaugurated, three years dedicated to a Eucharistic Revival, I thought it might be good to reflect a bit on what the Eucharist is and means to us as Cursillistas. On the weekend we hear the priest give us a short rollo, enough to help us understand what the Eucharist is, but there is so much more to this mystery. And I don't pretend to uncover all the mysteries in 500 words—Just a few things I have learned from the book “The 7 Secrets of the Eucharist,” by Vinny Flynn. (Ignatian Press)

The 7th “secret” was the one that really opened my eyes and heart. This “secret” is that we can receive Jesus many times in the day. Surprised? Me too! It is true that we can receive Holy Communion once or in special circumstances twice a day. For example, if I go to a funeral on Saturday morning and then attend the vigil Mass the same day, I may receive Holy Communion twice.

However, Vinny Flynn is talking about Spiritual Communion. I learned about this as a child; if for some reason I went to Mass but could not receive Communion (maybe I broke my fast from midnight) I could make a spiritual Communion. If I were sincere, I would receive the same graces as if I received Holy Communion sacramentally. I never thought about making spiritual Communion various times during the day! The author quotes St. Faustina: Jesus told her, “I desire to unite Myself with human souls; My great delight is to unite Myself with souls. Know, My daughter, that when I come to a human heart in Holy Communion, My hands are full of all kinds of graces which I want to give to the soul. But souls do not even pay any attention to Me; they leave Me to Myself and busy themselves with other things. Oh, how sad I am that souls do not recognize Love!” (Diary #1385) The saints tell us that the duration is not as important as the frequency of Spiritual Communion. What if we were to practice Spiritual Communion for a month? We would see a change in our relationship with Jesus. Isn't that what we all long for? —a deeper relationship with Jesus?

I have included the traditional prayer of St. Alphonsus Ligouri and the prayer of the Angel at Fatima. But there are many and one may use your own words. DeColores!

Act of Spiritual Communion

My Jesus, I believe that you really are present in the Most Holy Sacrament. I love you above all things, and I desire to possess you within my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart.

I embrace you as being already there and I unite myself wholly to you. Never permit me to be separated from you.

St. Alphonsus Ligouri



Prayer of the Angel at Fatima

O my God I believe, I adore, I hope and I love you. I ask pardon for all those who do not believe, do not adore, do not hope and do not love you.

The Secretariat Page

What about these Meetings?

Secretariat Meetings are held on the 2nd Tuesday of every month at 7:00 pm. Visitors/Cursillistas are welcome to join the Secretariat meetings. Currently, the meetings are being held virtually. Please contact Allan Stone for the meeting information if you want to join in!

Notes from January 10, 2023 Meeting:

- Treasurer's Report: Allan reported an opening balance of \$1,288.37. Payment to Flocknotes for \$50.00, Donation \$40.00. Closing balance \$1,278.37.
- School of Leaders: Deacon Lon Smith presented the doctrinal talk and Bobbi LaVoie shared about her experience at the World Encounter in Argentina and the purpose of the meeting. Sue has recording. Eucharistic Renewal will be the topic for upcoming meeting. Starting in April will begin to meet in person.
- Precursillo: Tim Flynn has two applications. He will reach out to sponsors to contact people who canceled past weekends.
- Cursillo: Neil Combs is in contact with Notre Dame to determine weekend needs and costs. He is actively looking for other locations to host weekends. The M95 team of seven men and two ordained are beginning the teaming process. Prayers are requested for M95, August 17-20, 2023.
- Postcursillo: Mary Ellen has scheduled the Grand Ultreya for March 18 at Assumption in Fairport, 9am-3pm, Mass 4pm. Theme will feature around the feast of St. Patrick and St. Joseph. Picnic is scheduled for June 3 at Seneca Lake State Park.
- Other Business: A new webmaster is needed to oversee the Rochester Cursillo website. Seeking people to take on this role. Mary Liz read Bishop Matano's reply to the Rochester Cursillo Annual Report. Keith Bunker is heading up a committee reviewing the Rochester Cursillo Apostolic Plan.
- Spiritual Advisor Comments: Fr. Mickey encouraged good cooperation in the new year. Our diocese has adapted to the changes to return to the basic Cursillo and we are to keep a positive attitude about the weekend when talking to people about Cursillo.

Who are we?

Lay Director:

Mary Liz Bartell, (607) 324-0372
maryliz@aol.com

Assistant Lay Director:

Keith Bunker, (585) 613-8036
kbunker@rochester.rr.com

Precursillo Chair:

Tim Flynn, (585) 281-3816
ktflynn32@yahoo.com

Cursillo Chair:

Neil Combs, (585) 749-4559
whitegremlinny@gmail.com

Postcursillo Chair:

Mary Ellen Darling, (315) 521-8771
maryellendarling@gmail.com

School of Leaders:

Sue Lorz, (585) 704-4988
suelarry5644@gmail.com

Secretary:

Janice Bradt, (585) 281-1091
ljddb@frontiernet.net

Treasurer:

Allan Stone, (585) 269-4640
astone@rochester.rr.com
Donations make out to Rochester Cursillo
Mail to Allan Stone, 35 Cindy Lane,
Rochester, NY 14626

Spiritual Advisors:

Fr. Mickey McGrath, (585) 325-4041
Fr.mickey.mcgrath@dor.org

Dcn. David Paluskiewicz, (585) 281-1390
davidpaluskiewicz@gmail.com

News from the Secretariat >>>

In the Beginning was the Word...

Tim Flynn, Hilton Ultreya
Precursillo



"In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came to be through Him, and without Him nothing came to be" John Chapter 1 Verse 1-3

I am always enchanted and blessed by how John describes the beginning of creation as expressed at the start of his gospel. Simple and precise. As an accountant by trade, I have always related to its concise presentation.

When Damar Hamlin suffered Cardiac arrest during a recent Buffalo Bills game, football players were brought to their knees in prayers to the Lord. There was a great outpouring of love for Damar which, in the increasingly secular culture we live in, was refreshing to see. God richly blessed Damar Hamlin's toy fund. Originally designed to raise \$2,500 – the count is now \$8,600,000 – that's a lot of toys!! Of course, there was the generic "my thoughts and prayers are with Damar" messages that were going around social media. For us Cursillistas, that should be "my thoughts and prayers TO GOD are with Damar" My close moment with Christ came when Buffalo head coach Sean McDermott boldly gave the praise and glory to God in thanksgiving for Damar Hamlin's recovery – expressed in a conference with sports reporters! Then, after Buffalo started their next football game by returning the opening kickoff for a touchdown, quarterback Josh Allen was inspired to say that "God's real" to his teammates on the sidelines! The chain of events and the heartfelt reactions that occurred as a result of Damar's tragedy are timeless moments that transcend our earthly existence and build a bridge to eternity.

"Heaven and earth will pass away, but My Words will not pass away" Matthew Chapter 1 Verse 1-3

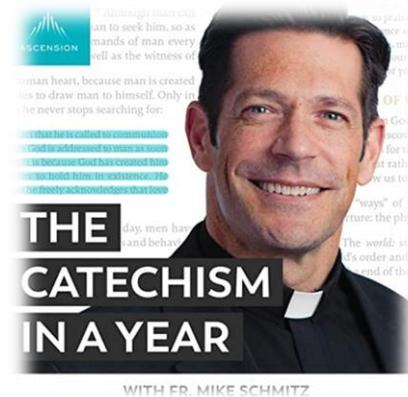
The Word of God IS the beginning and the ending of the story!

DeColores!

School of Leaders Sharing

Catechism in a Year

Kathy Jacobsen, W69, Fairport Ultreya



Catechism in a Year with Fr. Mike Schmitz is a Free Podcast. You can find it on YouTube or If you are an Amazon member, [Amazon.com: The Catechism in a Year \(with Fr. Mike Schmitz\) :](#) [Ascension: Audible Books & Originals](#)

Have you ever tried to read the Catechism of the Catholic Church? How far did you get? It can be very confusing. There is so much information to absorb. It's like trying to read something in a foreign language without a translator. There is no storyline or plot to follow just page after page of what we believe, practice and live out in our day to day lives as Catholics.

Unlike the old Baltimore Catechism, that many of you may remember, which was just a series of questions and answers to be memorized the new Catechism delves into the whys of what we believe and how everything fits together. We need a guide or interpreter to help us understand what each part means. For me It's like trying to read Shakespeare. I would love to read more and understand it, but I need someone to help me understand it.

There is help! It is Fr. Mike Schmitz new podcast, "the Catechism in a Year." Each day Fr. Mike takes a small portion of 4 to 6 sentences and goes into detail to explain what they mean and why they are important. He uses the Foundations of the Faith approach which shows how everything fits together. When we know and understand the why of what we do it makes it easier follow than just being give a list of dos and don'ts.

So far, I have learned what the Four Pillars of the Church are, what the Magisterium consists of and how Holy Scripture is given to us by the Holy Spirit. Each day's podcast lasts no more than 20-30 minutes.

If you want to know more about what the Catholic Church believes and teaches; I would encourage you to give the Catechism in a Year a try.

It's not too late to start. Remember it's Catechism in "A" year, not Catechism in 2023.

DeColores!



Ask the Three Wisemen (and women) . . .

Ask a wise Cursillista who has been around forever!

Send in your questions about Cursillo... anything and everything!

Send questions to: notestobobbi@yahoo.com Attn: Ask the Cursillo Wisemen



How Well Do I Need to Know the Candidate?

Answered by Margi Lash, W11, Geneva-Fairport Ultreya

If we are serious about being followers of Christ, we should continuously be in prayer for the nudge of the Holy Spirit in seeking candidates for Cursillo. It is an awesome responsibility to sponsor a candidate and sadly, it is often a second thought, or a race to get enough candidates to have a weekend. Cursillistas sometimes have a "weekend" mentality, and how often have we heard of sponsors abandoning candidates after the weekend? We all need to do better!

One of our Deacons, who was in the Air Force and aerospace program in another state, befriended and then sponsored one of the astronauts for Cursillo. His candidate was on board the space shuttle that exploded. Deacon Dan then made a commitment to shepherd the young widow and their children over the ensuing years. To Deacon Dan, sponsorship was a life-long commitment.

Of course, all of this presupposes that we, as sponsors, are living out our Cursillo disciplines and are living in friendship with Christ, ourselves and others in Group Reunion and Ultreya. Our goal is to bring our friends to Christ by being living witnesses in our own environments. There is no better preparation and attraction for the candidates than a personal and authentic witness of our fourth day, "see how they love one another."

A former Lay Director summed it up when he said, "We want to go to heaven and bring as many of our brothers and sisters with us as possible."

Continued on page 4

Ask the Three Wisemen (Continued from page 3)

Personal touch and friendship are the hallmarks of good sponsorship. I try to be a witness in my own square meter: daily Mass, RCIA, volunteering at Catholic Charities and The House of John, a comfort care home for the dying, and when I go to Silver Sneakers. I ask the Holy Spirit to enlighten me. I am mindful of the “far away” and sadly see some going through the motions at the various environments I mentioned. My commitment is to make a friend, be a friend and bring my friend to Christ, not necessarily Cursillo. When I get a bite, I know I have to take my time to reel (rollo) them in!

So, how well do I need to know my candidate? To help answer the question, we need to look at who should go. The Sponsor’s Booklet tells us they are individuals who:

- Are natural leaders in their environments
- Have the ability to influence and attract others.
- Have a capacity for humility, and able to make their own decisions.
- Are mature, responsible, concerned or restless about the social conditions of our times.
- Have a capacity of understanding and living the Three Days, for understanding the message of the rollos and reflecting on them, for relating to others and for being Christian.
- They should have the ability and desire to live in and for community.
- And, they are Catholic and able to receive the Sacraments.
- Have a good sense of humor.
- Have the ability to value others and fall in love with Christ.

The purpose of the Cursillo Weekend is NOT:

- To give catechesis
- To fix marital or personality problems
- To treat addictions or illnesses
- To prepare persons to receive the Sacraments
- To do healings- spiritual or psychological

We should use **discretion or caution** when dealing with persons who have experienced a recent trauma, such as the death of a loved one, or those for whom the stress of a weekend may exacerbate a physical or mental problem. Closely related persons, such as mother, daughter, sister, best friends, etc. should make separate weekends as such relationships may distract persons from fully participating in the Cursillo.

When approaching married couples where one spouse is not Catholic, or is not comfortable with the commitment to Cursillo, we need to step back. This may be an opportunity to bring in the wisdom of the Spiritual Director/s. There are non-Catholic expressions of Cursillo, and one does not have to live a weekend to participate in Cursillo activities.

We should avoid the temptation to target a specific type of person such as family members only, or persons with social status. Nor should we be judgmental at any stage of sponsorship. Remember, it is God’s work, not ours.

The candidates we seek should desire to grow in perfection as persons and as Christians. They have an attitude of: openness to the truth, friendship, and willingness for conversion. Cursillo is about:

- Life,
- The Church,
- A means of perseverance offered in the Postcursillo, Group Reunion and Ultreya.
- The person,
- A community of Friendship

All that being said, the sponsor MUST know the mentality and purpose of the Cursillo Movement.

- Have read and agreed with the information contained in the Sponsor’s Booklet
- Spoken to God about the candidate, before speaking to the candidate about God.
- Know the candidate as much as possible and pray for the Holy Spirit’s direction.
- Be a living witness to the message being proclaimed.
- Provide the candidate with as much information as possible, including the booklet: *The Cursillo Movement-What is it?*
- Spark a desire for God and make it grow
- Promote an attitude of conversion
- Take responsibility for the candidate until they are fully incorporated into their own Christian community
- Make sure the spouse fully understands the Cursillo and is willing to support the candidate’s decision to attend.

Remember, each person is unique! Friendships take time to grow. The more we know about a candidate, the greater the success of the weekend. When both parties have shared openly and honestly, what the Cursillo entails, the greater the chance for success and commitment. We must do our part to the best of our ability and leave the rest to God. We must pray and trust Him for the outcome. We should also remember that more than one person can act as a sponsor, such as a Group Reunion or an Ultreya. Above all, we need to thank Him for allowing us the privilege of being His companions on the journey. DeColores!

Sources: *Leader’s Manual, Chapter 9, p. 83-95; the Cursillo Movement Sponsor’s Booklet; the Precursillo attachment for the Region III meeting.*

Witness by a Friend of Christ!

Bobbi LaVoie, W71, Fairport Ultreya

The perils of flying on the day the FAA system breaks down... my flight from Rochester kept getting delayed and delayed. Finally boarded the plane, BUT no fuel. We waited 20 minutes for a fuel truck. I was cutting it very close to catch my connecting flight from Charlotte to Evansville, Indiana where I was to team a Cursillo de Cursillos weekend. Yep, I missed it. Off to the AA customer service desk in Charlotte airport. There are only two flights a day to Evansville; both sold out for two days. The brilliant agent says, "I can get you on a flight to Louisville Kentucky boarding in 10 minutes. It is 96 miles to Evansville which is driving distance actually. At least you are closer to where you need to be." YES! I had bought insurance so it was all covered. I raced across the airport to walk right on the flight, sat down and quickly booked a hotel at the airport before the flight attendant asked me to shut off my phone. Whew! Now to pray! Alas, I forgot my rosary beads in my other purse. Arriving at midnight, the hotel shuttle was right there outside baggage claim. Once in my room, I searched online for a rental car, third time was a charm. I made a reservation with Budget. Feeling blessed to be safe and to have a plan, I drifted off to sleep. In the morning, I googled where to buy rosary beads. I found a Marian Store that was 15-minutes from the airport. After a lovely breakfast and a little time to practice my rollos, I headed to the airport for the rental car. I discovered this amazing Catholic Shop with a Chapel attached. Upon entering the Chapel, I was totally enveloped with peace. The shopkeeper shared that the Virgin appeared [here](#) to Ivan, the seer from Medjugorje. No wonder I felt such peace, a true respite. I was ready for the two-hour drive to Evansville. I arrived on time! The CDC was a great success! The Lord had a plan for me that day, I was to discover peace amongst chaos, to find trust in confusion! Oh, and the rosary beads are another witness! Needless to say I am now praying to St. Michael. DeColores!



You are Welcome
to attend any Ultreya!

Hilton Area - Last Saturday (4th or 5th)
In Person at 6:15pm Potluck, Ultreya 7pm
St. Leo's Church
Tim Spinelli, (585) 755-6252
TSpinelli@aol.com

Caledonia Area - 1st Saturday
Virtual Ultreya at 7:00pm
St. Columba Church Rectory
Beth Bullen, (585) 538-9406
beth.bullen1@gmail.com

Elmira Area - 4th Thursday
IN PERSON & Virtual Ultreya at 7:00pm
St. Mary's Faith Formation Center
Deacon George & Paula Welch
(607) 738-3959
pwelch@tqcp.com

Hornell Area - 1st Thursday
IN PERSON & Virtual Ultreya at 7:00pm
Mary Liz Bartell, (607) 324-0372
maryliziz@aol.com

Geneva - Newark Area - 2nd Monday
Virtual Ultreya at 7:00pm
Margi Lash, (315) 548-5164
lashmb59@gmail.com

Fairport Area - 2nd Saturday
Thru March Virtual Only at 7:00pm
Assumption Church
Kathy Jacobsen, (585) 755-9578
[kjacobson046@gmail.com](mailto:kjacobsen046@gmail.com)

Please contact Ultreya Coordinator for
an invite with the Zoom info!

These Ultreyas are currently not meeting
due to Covid-19. Pray to reunite soon!

Dansville Area - 2nd Sunday, 11:00am
Sacred Heart Parish, Kennedy House
Bonnie Olsen, (585) 335-5971
summersky252@aol.com

Rochester SPANISH 3rd Saturday
St. Michael's Office Building
Sr. Theresa Rutty, (585) 325-4041
trutty46@yahoo.com

Upcoming Events!

More info on our website www.rochesterkursillo.com

Coming Soon >>>

Check your Flocknotes
messages for details on events!



School of Leaders – 3rd Thursday of the Month
at 7:00pm via Zoom.us - Next meeting is February 16th
For Zoom invite, contact Sue Lorz (585) 704-4988
suelarry5644@gmail.com

Grand Ultreya, Church of the Resurrection, Fairport, NY
March 18, 2023

Region III Spring Regional Encounter
Christ Our Shepherd Center, Greensburg, PA
May 5-6, 2023

National Encounter 2023
Creighton University, Omaha, NE
July 20-23, 2023

Men's #95
Notre Dame Retreat House, Canandaigua, NY
August 17-20, 2023

For information on the
PRISM, contact:
Bobbi LaVoie at
585-727-4866 or
notestobbi@yahoo.com

PICNIC TIME!

Saturday, June 3rd

Seneca Lake State Park

Save the Date for Friendship & Fun!

